



Vernon Senior Center's

Issue 7

July 2016

Senior Moments

Tribute to the Grand Ole Opry - Aqua Turf

Come with us to the Aqua Turf Club for a tribute to the Grand Ole Opry, **Tuesday, August 16th**. Join Dave Colucci, Judy Brinn, Sarah the Fiddler and Ritchie's Country Wranglers Band sing the country songs you love. You will enjoy an all you can eat family style luncheon.

Cost: \$75 per person.

Depart: 10:00am from the Vernon Green Circle Commuter Lot

Estimated return: 5:00pm

Please call to register.



Foxwoods Casino

We will be taking a bus trip to Foxwoods Casino. This trip includes the round trip transportation, a \$10 food coupon, and a \$10 slot play.

Wednesday, August 31st

Cost: \$25 per person

Depart: 8:45 am from the Vernon Green Circle Commuter Lot

Estimated return: 4:30pm

Please call to register.



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A Note From The Director:

I would like to take this opportunity to thank everyone who supported, encouraged and assisted me during the past months, as Interim Director. I have now been appointed as the Director and cannot begin to express how pleased I am. I will do my best to keep the Senior Center running smoothly.

Please feel free to drop by with any suggestions you may have. My door is always open! We look forward to the future of our Senior Center.

Thank you again for everything,
Sela

Health Programs

The next **Blood Pressure and Blood Sugar**

Screening at the Center will be held on **Wednesday, July 13th.**

The hours are from 9:00 am — 10:00 am.

Appointments are not necessary. A Visiting Nurse will be on hand to answer any questions that you may have.



Hearing Screening: The next hearing screening will be held on **Thursday, September 15th.** A representative from the Hearing Wellness Center will provide free hearing screenings, check hearing aides & will be available to answer your questions. **Call to set up an appointment.**

Other Healthy Activities



Walking Club: The Walking Club meets on **Mondays at 10:00am at Sacred Heart Church** to walk the rails to trails. This activity requires a higher fitness level & requires being able to walk 3 miles. If you are interested in joining, please call Carol Benoit at 860-454-7449.

Thursday Walking Group is for all levels. Call Carol Benoit for more information, at 860-454-7449.

Senior Fitness Chair Yoga Memberships

Senior Fitness is a great way to socialize and stay fit. Senior Fitness will be starting up again on July 18th. This class will be ongoing, therefore you **don't** need to sign up.

Karen Michaud will collect payment directly. The cost will be \$5 for drop ins or \$40 for a 10 visit punch card.

Chair Yoga will help keep you relaxed and agile. Chair Yoga is a type of seated yoga that focuses on breathing and stretches, to help maintain flexibility and relaxation.

It will start up again on Monday, July 11th. The cost is \$35 for Vernon residents and \$40 for non-residents for 10 weeks.

Please take the time to update your membership information sheet. You can pick up a membership sheet at the front desk.

A new form needs to be filled out **only if** there has been a **change** in address, phone numbers, or emergency contact information.

When you have completed the form please return it to the office.

Cards & Games

Bingo—Mondays at 1:00pm

Bridge— Fridays at 1:00pm

Canasta— Wednesdays at 1:00pm

Chess —Tuesdays at 9:30am

Cribbage—Wednesdays at 9:45am

Dominos -Tuesday at 1:00pm & Thursdays at 10:00am

Mah Jongg—Mondays at 9:30am, Thursdays at 1:00 pm

New to Dominos-Tuesday 10:00am

Pinochle-Tuesday & Thursdays at 12:45pm

Scrabble—Tuesdays at 1:00pm

Set Back— Friday at 9:45am

Wii Bowling—Fridays at 12:30pm



Other Opportunities

Wii Bowling: This activity is offered on **Fridays at 12:30pm**. Our team is known as the Vernon Alley Cats . If you are interested in learning how to play Wii bowling or would like to join us please stop by on Fridays & be part of the hooting and hollering. Go Cats.



Wii Tennis Anyone?

Is anyone interested in Wii Tennis?

If you are interested in Wii Tennis or any other Wii Games please let us know.

Movie Matinee

Popcorn and a Movie: The Center is offering movie matinees!

Wednesday, July 6th at 1:00pm.

The feature film is

The Lady in The Van.

In this touching human drama adapted from writer Alan Bennett's bestselling memoir, he befriends the elderly Miss Sheperd, who's living in a van that's been parked in his driveway for 15 years.

On **Wednesday, July 20th at 1:00pm.**

The feature film is
The Intern.

Agreeing to participate in a community outreach program, e-commerce entrepreneur Jules Ostin hires a 70 year old intern - who ends up bringing his special brand of business savvy to her fashion enterprise.



The Lady in The Van

The Intern

Please call the center to register for this program so we will know how much popcorn to pop!

Rated: PG-13 Runs: 1hr 44mins

Rated: PG-13 Runs: 2hrs 1min

Creative Goings On

What interests you?

Would you like to try a new craft?
Is there something you would like to learn how to do?
Do you have a class you might be interested in?

Just call the Center and let us know.

We are open to suggestions.

Learn to Knit & Crochet With Linda

We will be starting a Knit and Crochet Class on
Monday, September 12th at 10:00am.

Linda Benoit will be the instructor. She will collect the \$5 per class from each student.

Crochet & Knitting

Do you like to crochet or knit? We have a very active group & this activity meets weekly. Come and join our knit and crochet group **Wednesdays at 10:00 am.**

All seniors are welcome.

Everyone Has a Story...

The Center is starting a new article. We would like to tell the life stories of our seniors. If you are interested in sharing your story with us, please let us know.

Our first Vernon Senior that is featured is **Judy Mitchell Hany.**

She describes herself as 100% Rockville. She attended Rockville schools and after college worked in Rockville. She has held such jobs as a 7th grade English teacher in Sykes, she worked at VCMS, she was the director at Hocknam Valley Community Council, taught 2nd grade at St. Bernard's school, and now she's a member of the Senior Center Advisory Committee.

Judy was born and raised in Rockville just like her 7 children. She was raised on the family farm, where she picked beans with Gene Pitney! She helped run the vegetable stand on Rt. 30. Judy's mother was from Poland and her father was from Long Island. He was Polish as well.

In her leisure time, she enjoys working at St. Bernard's Church and is a Secular Franciscan. Judy works on the school book mobile, where she plays the character "Mrs. Smith".

Her philosophy is simple: be kind, smile, help when you can, and keep a positive attitude. She would like to be remembered as a kind and helpful person.

Thank you Judy for sharing your story with us!

For the Sports Minded

Drop In Pool - Men's drop in pool is on **Wednesday & Friday afternoons at 1:00pm.**

It doesn't matter if you are an avid player or a little rusty, all players are welcome. Come and join an afternoon of fun.



Ladies Pool - The ladies play pool on **Tuesday mornings at 10:00am.**

Any senior lady who would like to join the group is welcome!

Transportation

Senior Car—The Vernon Senior Center offers rides to seniors for out of town medical and dental appointments. This service is for Vernon residents age 60 & older. You must be ambulatory. Call Sela at the Center to schedule a ride. Rides are available Monday-Friday between 9:00 am & 1:30 pm. **There are no rides on Wednesdays.**

Senior Bus—Our senior bus shopping trips are weekly on Thursdays. The bus travels to Stop & Shop, Kmart & Price Chopper. There are pickups available at the Senior Housing complexes-Grove Court, Sacred Heart, Court Towers, Senior Center, Florence Mill, Windermere Court, Franklin Park, Pitkat Congregate Housing, & Welles Village.

Wal-Mart East Windsor— Friday, July 1st.

Need a ride to any activity or program at the Center?
Contact Hockanum Valley Community Council 860 - 870-7940
Dial A Ride Services



Senior Center Library

Library books, movies and puzzles are available for seniors from our Senior Center Library. The Library is located on the second floor of the Center in a quiet, cozy corner. We have a wide variety of books on hand for your reading pleasure. Please feel free to come in and check out whatever may be of

interest to you. An added bonus is that you may return the items at your leisure.

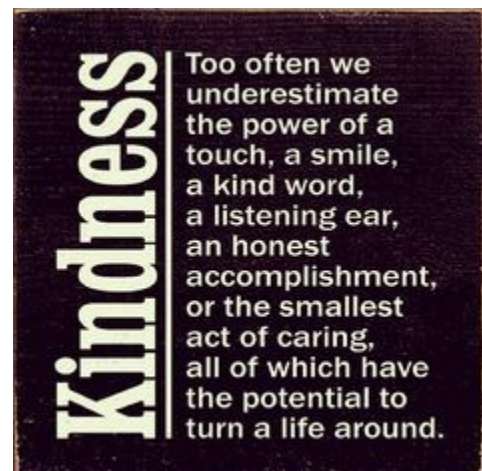


All items have been donated.

We would like to thank all library volunteers for helping reorganize the books and puzzles. It looks better everyday!

Senior Book Club

The **Book Club** will not be meeting again until the Fall. We will post the new schedule in September.



FYI

Parking At the Senior Center:

We, at the Senior Center, understand that parking can be difficult as we are offering more activities. Therefore, we ask, if possible, that you car pool.

Suggestion Box Your suggestions are always welcome. You will find the box on the table near the coffee on the 1st floor.



Age Requirement Change

The age requirement for **trips** is age 55 and older. For all other activities at the Center, **the age requirement remains at 60 or older.**

The Center offers day trips monthly so watch our calendar.

Fourth of July Trivia

A.

Which two presidents died on July 4th in the same year?

July 4th, 1826

B.

Which President was born on Independence day?

C.

Which President first held a Fourth of July celebration at the White House?

Upcoming Events at a Glance

The following is a listing of activities and programs for the upcoming month. Check the newspaper, the Town's website and the monthly newsletter for more details as these dates draw near.

August 10th - Summer BBQ

August 16th - Tribute to the Grand Ole Opry at the Aqua Turf

August 31st - Foxwoods Casino

August 1st - Aging Gracefully - Presentation by Joanne Harrison-Becker



WalMart Bus Trip

The Center is offering a monthly trip on the **Senior Center Bus to WalMart** in East Windsor. The trip is scheduled for the first Friday of the month.

The next trip is on **Friday, July 1st**. The bus will pick up at the usual bus stops. If you have any questions, please contact the Senior Center.

Please note this bus trip is for Seniors only.

Happy Shopping!



Out to Lunch Bunch

The “**Out to Lunch Bunch**” will meet on the second **Tuesday** of this month.

Each month a new restaurant is chosen.

This month the “bunch” is going to **Cracker Barrel**, in East Windsor on **Tuesday, July 12th** at **1:00 pm**.

There are pickups available at the Senior Housing complexes - Franklin Park, Court Towers, Grove Court, Florence Mill, Pitkat Congregate Center, and Windermere Court.

Please call Sela or come to the Center to sign up for this fun day out with your friends.



Call now to sign up!

Advisory Committee

The Senior Center Advisory Committee meets the 4th Tuesday of the month at 9:30 am.

The following are the present members: Ron Kane, William Tyler Sr., Patricia Iamonaco, Wes Shorts, John Mytych, Carole Slattery and Judy Hany.



Their role is to bring suggestions to the Director regarding activities, programs and senior issues that the members would like to see happen at the Center or see addressed.

The next meeting is **Tuesday, September 27th at 9:30am**.

What You Should Know

Need A Ride?

Let the Senior Car Driver bring you.

The senior car is for **out of town** medical or dental appointments.

This service is free and available to Vernon residents only, 60 years and older.

You must be ambulatory.

You can call the Senior Center to make an appointment for the senior car, up to four months in advance.



Signing In At the Senior Center:

It is really important that you remember to **sign in** with **both first & last names** and please **sign in clearly**. The Center uses the sign in sheets to determine activities and programs that we sponsor. By not signing in, we do not have an accurate number of participants. Your cooperation in this matter is greatly appreciated.

Foot Care Appointments Available!



The Senior Center offers **Foot Care** appointments. Specially trained Registered Nurses will provide a general assessment and then offer any necessary procedures for better foot health! It is essential that you schedule an appointment, so please contact the Center at 860-870-3680. The appointments fill up quickly so call as soon as possible. **Cost \$29. Call now for a list of the next available appointments.**



Kindness Matters

**NO ACT OF KINDNESS,
NO MATTER HOW SMALL,
IS EVER WASTED**

Aesop
InspirationBoost.com



People often
forget that
Kindness
is free.

Up Coming Trips

Trip Cancellation Policy and Sign ups

Cancellation Policy

If a person cancels a trip for any reason, NO refunds will be given unless we are able to fill your spot on the trip.

We will call our wait list, if any, and make every effort to fill your spot in order to issue a refund.



Sign ups For Luncheons, Classes or Trips

When you see a class, luncheon or trip that you are interested in, please don't hesitate to sign up. Luncheons and classes fill quickly and usually have a limit.

Trips need a total count the month before, if there aren't enough signed up we may have to cancel. When you call to sign up we will let you know when payment is due.

CT Shoreline Trolley

We will start our day visiting Lyman Orchards. Then, head to USS Chowder Pot for lunch. Our last trip for the day will be to the Shoreline Trolley Museum, which is the oldest, continuously running suburban trolley line in the USA. Please call to register.

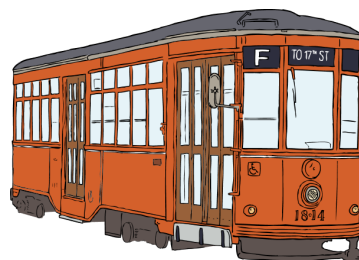
Tuesday, September 20th

Cost: \$81 per person

Depart: 9:15am from the

Vernon Green Circle Commuter Lot

Estimated return: 6:15pm



Berkshire's Hidden Gems

Spend the day in the Berkshires of Massachusetts. The day will allow you to explore some of the "forgotten" gems of the area. We start the day touring the **Berkshire Botanical Garden**. It is 15 acres of public display gardens, both ornamental and functional. You will enjoy lunch at Michael's Restaurant. You can choose one of the following meals: oven roasted roast beef, baked stuffed chicken, or baked Boston scrod. We end the day at the country house of Daniel Chester French. We will explore his house, studio, and his gardens.

Tuesday, October 4th

Cost: \$99 per person

Depart: 8:00am from the Vernon Green Circle Commuter Lot

Estimated return: 6:45pm

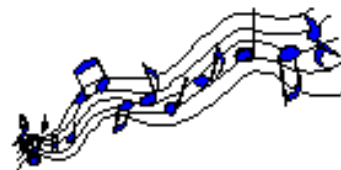
Upcoming Presentations

We Got Rhythm

Put Your Dancing Shoes On!!

Join us on **Wednesday, July 27th at 12:30pm** for an afternoon of great American music, tap dancing and loads of fun with **We Got Rhythm**.....featuring guitar, steel drum and even a Boomba!! Come ready to do some toe tapping, sing along and take a whirl on the dance floor. Lunch will be served. This fantastic event is sponsored by **Care For Me At Home**.

This event is free.
Please call to register.



Are You Smarter Than A Senior

Panda Home Care is sponsoring "Are You Smarter Than A Senior".

It's all about seniors having a good time.

DJ. Sir James from WKND1480 am will be our special guest!

This activity consists of many questions from the 40's to the mid 60's.

This game last about 1hour.

Thursday, July 28th at 1:30pm

This event is free.

Please call to register.



Aging Gracefully

Jo Anne Harrison-Becker is back with a presentation about Aging Gracefully. The following topics will discussed in the hour presentation:

- *Protect Your Eyes
- *How to Increase Positive Moods
- *Friendship and Health
- *20 Tips to Simplify Your Life
- *The Golden Years
- *Forgive and Be Forgiven

When: Monday, August 1st at 10:00am

This presentation is free. Please call to register.



Special Events & Services

Crazy Whist and Pizza Party

The Senior Center is hosting a Crazy Whist and Pizza Party on **Wednesday, July 13th at 12:30pm.**

We will start with the pizza followed by card playing.

Crazy Whist is a fun card game that everyone can play!

Cost: \$7 per person.

You must register for this activity.

All Seniors are welcome!



Did You Know.....

July 2nd - The Lawrence Welk Show premieres on television. (1955)

July 5th - Baseball great Joe Dimaggio hits his first grand slam. (1937)

July 17th - The air conditioner was invented. (1902)

July 30th - President Lyndon B. Johnson signs the Medicare Bill. (1965)

Birthday Celebration



The Center will be celebrating July, August and September birthdays on

Monday, September 26th at 2:00pm.

We will be serving Birthday Cake and honoring those seniors who have birthdays in the months of July, August, and September. Even if you don't have a birthday, but would like to honor your fellow seniors, please do not hesitate to join us.

Please call the Center to sign up.

Special Events & Services

Waitin' For The Train To Come In

David Garnes, a well known author and graduate from Brown University and Columbia University, will be coming to our Center to discuss his novel, "Waitin' For The Train To Come In". The novel is about World War II.

This novel takes place in his childhood hometown of Springfield, Mass.

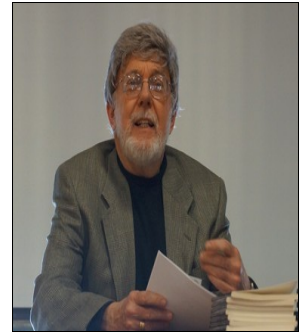
He will have an interactive conversation with the seniors about their lives during WWII.

Come join us to hear this author tell his tale!

Monday, July 18th at 1:30pm.

This event is free.

Please call to register.



AARP Safe Driving Class

AARP will host a **Safe Driving Class** on **Thursday, July 21st from 11:30am-3:30pm.**

The cost is \$15 for AARP members and \$20 for non-members. Payment needs to be made by check only on that day. Call now to register, space is limited. Students who take the class may qualify for a discount on their auto insurance.

The course is designed to help you:

- *Update driving skills and your knowledge of the rules and hazards of the road.
- *Learn about normal age-related physical changes and how to adjust your driving to compensate.
- *Reduce your chances of receiving a traffic violation, getting into an accident, or becoming injured.



Newcomers

Join us for the next **Newcomers** on **Monday, July 11th at 1:00pm**, when the Senior Center hosts a tour of the Center for new seniors.

Come in and learn about the programs and activities that are available. Our goal is to offer a wide variety of programs and activities that would be of interest to all seniors.

The Center is always open to suggestions and is willing to try new endeavors to meet the needs of our seniors.

Please note it costs **\$2.00** (Vernon residents only) to join the Center.



July's Puzzle



4th of July Trivia Answers

A. Thomas Jefferson - 83
John Adams - 90

B. Calvin Coolidge

C. Thomas Jefferson



Just a Reminder...

The Senior Center will be
closed on Monday, July 4th
for Independence
Day

Join us at the Senior
Center for a fun day!

July's Birthdays

Happy Birthday:

July 1	Vera Borkowski
July 2	Mary Uhlman
July 3	Claire Kehoe Richard Cioto
July 4	Maureen Cosgrove
July 5	Dee Turkington
July 6	Dolores Hoermann
July 17	Maryann Hopowiec
July 21	Pat Siller
July 24	Gladys Vincent Bill Tyler
July 25	Sibyl Krebs
July 26	Bob Flanders
July 28	Sam Blonstein
July 30	Gisele Cormier



**HAPPY
BIRTHDAY!**

Note: If you would like
your birthday/anniversary
in the Newsletter, please
inform the Senior Center
Staff.

VERNON SENIOR CENTER

26 Park Place

Phone: (860) 870-3680

Fax: (860) 870-3588

Email: ssaunders@vernon-ct.gov

Website: www.vernon-ct.gov

Hours

Monday—Friday

9:00am—3:00pm

The Vernon Senior Center is committed to assisting Vernon seniors by providing programs that meet their needs and address their concerns.

Our staff includes:

Sela Saunders, Director

Susan Ward, Senior Program Coordinator

Vernon Senior Center
26 Park Place
Vernon, CT 06066

To: